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HOUSEKEEPERS' CHAT

Wednesday, May 25, 1932.

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Subject: "Vitamin G." Information from the Bureau of Home Economics, U.S.D.A.

The continued story of the vitamins that we've been telling on Wednesdays is almost finished. For today we've come to the last vitamin on the list. So far scientists have discovered just six vitamins. But that doesn't prove that there are only six. With all the research on foods now going on another one may be discovered any day now and before these scientists get through, there may be dozens and dozens of vitamins to talk about.

Today, however, our last chapter is about vitamin G. Did I make that letter clear? It is G as in good or green or growing.

A most interesting vitamin this is. Here's what the nutrition chemists of the Bureau of Home Economics have to say about it:

"Vitamin G is essential for well-being at all ages and is especially essential for preventing the appearance of old age. A continued deficiency of vitamin G causes slowing up of growth or loss of weight, sore mouth, digestive disturbances and, in time, even a sensitiveness and inflammation of the skin. These symptoms are very similar to those of pellagra, a disease common to certain sections of the South where families are known to live on an inadequate diet. Foods that contain vitamin G are beneficial in preventing and curing pellagra. This vitamin occurs in many foods in moderate or small quantities. Yeast, lean meats, eggs, milk--either whole or skimmed, fresh, canned or dried--green leaves and the germ portion of cereals are the best sources now known.

"Like vitamin B, the second vitamin we discussed, vitamin G is very soluble in water. It withstands the heat of cooking much better than vitamin B, but is destroyed when soda or other alkaline substances are present."

That last point is well worth remembering when you are cooking green vegetables. It is one reason why the home economists do not recommend cooking any vegetables with soda. "Doesn't a pinch of soda in the water help keep the green color in vegetables?" many people ask. Yes, it does but it has an injurious effect on the vitamins. If vegetables are cooked quickly, they will keep their fresh green color without resorting to the use of soda. I'll say more about cooking green vegetables in a few minutes. Now to go over the foods that are good sources of vitamin G once more. First the animal products. Milk, either whole or skimmed, in any of its forms--fresh, evaporated or dried. Buttermilk is also a good source and so is cheese. Then eggs and lean meats. These meats include liver of beef or pork, kidney, spleen, heart and lean cuts of beef pork or lamb.



When it comes to the plant products, you will find this vitamin present in all our green leafy foods--mustard, turnip tops, kale, beet tops, carrot tops, collard, spinach, broccoli and watercress. Among the fruits, bananas are a good source. And as we said, the germ portion of cereals, especially the wheat germ, contains this vitamin. Finally vitamin G is present in yeast. Quite a large group of foods to select from you see. If you have a varied diet, you aren't likely to be missing this helpful and healthful vitamin.

This ends our vitamin serial story for the present.

The point to remember about vitamins in general is that they are essential for good health, for growth, vigor, and general well-being of the body. They are often described as body regulators. That's because they stimulate growth and protect health rather than furnish the material for building tissue or supplying energy.

We believe these days in teaching children early to eat and enjoy a wide variety of foods so that they will have a varied diet all through their live. The fastidious person who feels that he can't eat this and doesn't like that food and so limits himself to just a few dishes, is very likely to miss the vitamins he needs for good health. The person who eats and likes all kinds of good food is the lucky one. He's the one who has the best chance of having good health, good looks and a good disposition.

Before we leave the subject of vitamins, especially vitamin G, let's plan for ourselves a vitamin G menu, a whole-family menu for a simple dinner. The main dish will be broiled lamb kidneys on toast. Then, scalloped potatoes, beet tops cooked as greens and buttered and a combined salad and dessert of banana and chopped nut salad on crisp lettuce, with milk to drink. I'll repeat that menu to be sure you have it. Broiled lamb kidneys on toast; Scalloped potatoes; Buttered beet greens; Banana and chopped nut salad on crisp lettuce; Milk to drink.

Please notice how the vitamin G is featured in this meal. It's found in the lamb kidneys. Then in the milk, both that taken to drink and that used in the scalloped potatoes; then you'll find it in the green leaf vegetable--beet greens. And finally in the bananas.

Would you like the recipe for broiled lamb kidneys on toast?

Just 6 ingredients. Here they are:

6 lamb kidneys  
Pepper  
Toast

Salt  
Butter  
Parsley

Did you get that list of six? (Repeat.)

Wash the kidneys, and soak in cold water about 30 minutes. Wipe dry. Then cut them in half, and remove the white tubes and fat. Dip into melted fat, and broil, browning quickly on both sides. Sprinkle with salt and pepper. Serve on toast. Pour on melted butter, and garnish with parsley.

This is the time of year when green vegetables become less expensive so





that we can all serve them frequently on our dinner tables. If the whole family, you and the children and the men folks are to enjoy them and ask for second helpings, these vegetables must look delicious and must taste just as good as they look. That means, for one thing, cooking them so that they will keep their color, flavor, texture, and vitamins. According to the Recipe Lady, the secret of cooking them is this: Boil them as short a time as possible and do it in an open kettle. Let your motto be: "Lids off for green vegetables."

For the sake of flavor and minerals, use only a small quantity of water and have it lightly salted and boiling briskly when you drop the vegetables in. Sometimes there is enough water clinging to the leaves of freshly washed spinach, or some other greens, to start them cooking. The less water you use in cooking vegetables, the more food value you save. Some of the iron, and calcium is bound to be dissolved in the liquid, and, if you must pour it off, then these valuable substances go with it down the drain pipe.

For the sake of color and vitamins, cook green vegetables until they are tender, just tender, but no more. Most leafy vegetables are tender enough to chop after 15 minutes of cooking. Long slow cooking tends to destroy the vitamins. And, as for color, whenever you see olive drab or brownish greens, served at the dinner table, you can be almost certain that they have been cooked for a long time in a closed kettle.

Tomorrow, we'll give some advance information on preserving and jelly making. If you are in doubt as to just what equipment you should have on hand for these jobs, you'll be interested in what the Recipe Lady has to say on the subject.

